

**POPULATION, HEALTH
AND DEVELOPMENT IN GHANA:**

**ATTAINING THE MILLENIUM
DEVELOPMENT GOALS**

POPULATION, HEALTH AND DEVELOPMENT IN GHANA:

ATTAINING THE MILLENIUM DEVELOPMENT GOALS

Edited by

Chuks J. Mba and Stephen O. Kwankye



SUB-SAHARAN PUBLISHERS

First published in 2007 by
SUB-SAHARAN PUBLISHERS
P.O. BOX LG358,
LEGON, ACCRA, GHANA

© Population Association of Ghana, University of
Ghana, Legon, 2007

ISBN: 978-9988-647-61-2

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in a form or by any means, electronic, mechanical, photocopying or otherwise, other than for reviews, without the permission of the copyright owner and the publishers.

Typesetting and Graphics by Kwabena Agyepong

CONTENTS

About the Contributors	vii
Acknowledgements	xi
Dedication	xiii
Preface	xv
Chapter 1	1
INTRODUCTION	
<i>Stephen O. Kwankye and Chuks J. Mba</i>	
Chapter 2	13
FERTILITY DECLINE IN GHANA: IMPLICATIONS FOR PUBLIC POLICY	
<i>S. K. Gaisie</i>	
Chapter 3	29
INFANT AND CHILD HEALTH: EVIDENCE FROM 2003 GHANA DEMOGRAPHIC AND HEALTH SURVEY	
<i>Emmanuel O. Tawiah</i>	
Chapter 4	53
ADOLESCENT SEXUALITY AND REPRODUCTIVE HEALTH IN GHANA: SOME RESULTS FROM A SURVEY OF CAPE COAST AND MANKRONG	
<i>Stephen O. Kwankye</i>	
Chapter 5	91
POPULATION GROWTH, WATER/SANITATION AND HEALTH	
<i>S. K. Gaisie and P. G. Gyau-Boakye</i>	

Chapter 6	135
HIV/AIDS AND SURVIVAL CHALLENGES IN SUB-SAHARAN AFRICA: AN ILLUSTRATION WITH GHANA AND SOUTH AFRICA	
<i>Chuks J. Mba</i>	
Chapter 7	163
WOMEN'S EMPOWERMENT AND HEALTH IN GHANA	
<i>Esther Yaa. Apewokin</i>	
Chapter 8	173
POPULATION AND HEALTH CARE FACILITIES IN GHANA	
<i>Frank Nyonator</i>	
Chapter 9	183
CONCLUSION	
<i>Stephen O. Kwankye and Chuks J. Mba</i>	

About the Contributors

Mrs. Esther Yaa Apewokin is the Executive Director of the National Population Council Secretariat Ghana. She has worked in the Ministry of Finance and Economic Planning in Ghana for 15 years before joining the National Population Council as Director of Programmes, Research and Training. She has written articles on Population Gender and Health, and has attended many conferences in these areas. Mrs. Apewokin holds a Masters Degree in Economics and a Post Graduate Diploma in Development Economics.

Email: apewokinesther@hotmail.com

S. K. Gaisie, Ph.D., is Professor, Regional Institute for Population Studies, University of Ghana, Legon. He is the President of the Population Association of Ghana (PAG). Prof. Gaisie has worked in a number of organizations across Africa. He was the United Nations Chief Technical Adviser to the Statistical Office, Zambia and the University of Zambia. He has worked as the Head, Department of Demography, University of Botswana. Also, he was the Head Population Studies Unit and Director of Population Dynamics Programme at the Institute for Statistical, Social and Economic Research. Prof. Gaisie is an international consultant on population and development interrelationships. He has written a number of books, technical reports, and papers in scholarly journals. Prof. Gaisie holds a PhD degree in Demography from Australia National University, Canberra, as well as M.A degree in Demography from the London School of Economics and Political Science, University of London, and B.A (Hons.) degree in Sociology/Demography from the University College of the Gold Coast.

Email: gaisiesk2002@yahoo.com

Dr. Ing. P. Gyau-Boakye, is a Principal Research Scientist at the Water Research Institute of CSIR, Accra, Ghana. He holds a Ph.D from Ruhr University, Germany, and M.Sc degree from Loughborough University of Technology, UK. He speaks both English and German. He is a Civil Engineer and a member of the Ghana Institution of Engineers.

Email: pgboakye@yahoo.com

Stephen O. Kwankye, Ph.D, is a Senior Lecturer and the immediate past Acting Director of the Regional Institute for Population Studies (RIPS), University of Ghana, Legon. He is also an Associate Project Director of the Population Impact Project (PIP) located at the Department of Geography and Resource Development, University of Ghana, Legon. He is also the Interim General Secretary of the Population Association of Ghana (PAG). Dr. Kwankye's research interests are in Migration, Fertility, Population and Development Interrelationships and Adolescent Sexual and Reproductive Health. He has a number of publications to his credit in his research areas. He holds a BA (Hons.) in Geography with political Science, MA, MPhil and PhD in Population Studies, all from the University of Ghana.

Email: kwankyes@ug.edu.gh

Chuks J. Mba, Ph.D, is Deputy Director/Associate Professor and the Co-ordinator of academic programmes at the Regional Institute for Population Studies, University of Ghana, Legon, Ghana. He is a member of the Steering Committee of the African Research on Ageing Network (AFRAN) and the Deputy General Secretary of Population Association of Ghana (PAG). He is the Coordinator of Thematic Research Network on Reproductive, Maternal and Child Health, and Ageing for the Union for African Population Studies (UAPS). Prof. Mba is a 2002

Laureate of the UAPS Small Grants Program on Population and Development. He has worked in the Civil Service of Nigeria as a Senior Statistician and won a one-year postdoctoral Research Fellowship at the University of Pennsylvania, USA. He has written extensively in peer-reviewed journals, and contributed to reports and book chapters. His research interests include sexual and reproductive health, HIV/AIDS, population ageing, population policies and programmes. Prof. Mba has Ph.D, MPhil, and M.A. degrees in Population Studies from the University of Ghana and B.Sc (Hons.) degree in Statistics from the University of Ilorin, Nigeria.
Email: chuksmba@ug.edu.gh

Frank Nyonator, M.D., is the Director of Policy Planning, Monitoring and Evaluation of Ghana Health Service, Accra. Dr. Nyonator is the former Volta Regional Director of Health Administration. He is a member of the Technical Steering Committee of the Child and Adolescent Health (CAH) Department, WHO Headquarters, Geneva. He is also a member of the Global Health Council, American Public Health Association, Population Association of America, and Ghana College of Physicians and Surgeons. Dr. Nyonator has authored and co-authored a number of publications on community-based health planning and services initiative in Ghana, caring for the poor, migration by graduates of the University of Ghana Medical School and others. He has a certificate in Financing Health Care in Developing Countries from Boston University, USA, and a certificate in Health Sector Reform for Primary Health Care from the University of Sussex, Brighton, UK. Furthermore, he has an MPH degree from Leeds University, UK, and MB Ch B degree from the University of Ghana Medical School, Legon. Dr. Nyonator's research interests and experience are in

health systems and health service provision.

Emmanuel O. Tawiah, Ph.D, is an Associate Professor and a former Acting Director of the Regional Institute for Population Studies (RIPS), University of Ghana, Legon. He is also an Associate Project Director of the Population Impact Project (PIP), Department of Geography and Resource Development, University of Ghana, Legon and an Executive Member of the Population Association of Ghana (PAG). His research interests include demographic data collection, maternal and child health, household structure and poverty, and adolescent sexual and reproductive health. Prof. Tawiah holds a PhD degree in Sociology/Demography from Duke University, USA, an M.Sc degree in Demography from the University of London, and B.A (Hons.) degree in Sociology from the University of Ghana. Email: etawiah@ug.edu.gh

Acknowledgements

This book is a synthesis of the papers presented during the two-day *Population, Health and Development in Relation to the Millennium Development Goals* Seminar held in Accra in October 2005. It benefited from the generous financial contributions from the UNFPA Ghana, Ghana Health Service, and National Population Council Secretariat. In this respect, we wish to thank Major (Rtd) Courage Quashigah, the Hon. Minister of Health, Dr. Makane Kane, the UNFPA Representative in Ghana, and Mrs Esther Yaa Apewokin, the Executive Director of the National Population Council Secretariat.

The President of PAG, Prof. S.K. Gaisie, spear-headed the campaign to make the publication of this volume possible. His quest for this publication was born out of the fact that as one of Africa's foremost and accomplished demographers, Prof. Gaisie knows that a publication of this sort will stimulate interest in population and development issues, as well as assist in developing a viable relationship with policy makers, programme managers, and opinion leaders, in addition to fostering collaboration among institutions and persons engaged in population and related fields. We therefore say a big "thank you" to him.

A number of other organizations and individuals have also contributed in making the publication of this volume possible. While we do not intend to be exhaustive we gratefully acknowledge the use of the facilities of the Regional Institute for Population Studies (RIPS) to coordinate the activities of PAG and especially the seminar which gave birth to the publication of this book. We also express our gratitude to the management and staff of the Coconut Groove Regency Hotel where the seminar was hosted. The efforts of Prof. E.O. Tawiah and other Executive Members of PAG are deeply appreciated. We are thankful for the excellent secretarial services provided by Messrs Becky Atisu, Beatrice Richardson, Leticia Ocloo, and the entire staff of RIPS for their contributions

towards the successful organization of the seminar leading to this publication.

Our profound gratitude goes to Mrs. Akoss Ofori-Mensah, the Managing Director of Sub-Saharan Publishers, for her understanding, co-operation and assistance. She and her professional team worked assiduously and meticulously to give this book its beautiful and state-of-the-art outlook.

We are grateful to all those who presented papers at the seminar and all the participants. To the others who have not been mentioned we thank you all for your contribution in making this publication a reality.

C.J. Mba and S.O. Kwankye

Dedication

This book is dedicated to all those individuals and organizations whose interests, research efforts, decisions, policies, and programmes contribute toward the attainment of the Millennium Development Goals.

Preface

The United Nations Population Fund Country Office in Ghana expresses its welcome to this important publication. The areas covered— population growth, adolescent sexual and reproductive health, HIV/AIDS, gender equality and women’s empowerment – squarely correspond with the provisions of the International Conference for Population and Development for which the Government of Ghana/UNFPA Fifth Country Programme (2006-2010), is addressing, namely reproductive health, population and development and gender.

A number of key issues have been raised in this book, but it is particularly noteworthy that the authors have paid attention to the intertwined and intractable nature of these problems. The relationship between the health outcome and gender, service delivery and population, are one of the few examples which these analyses have rightly recognized and underlined as critical linkages. It is further emphasized that population issues are central to the achievement of poverty reduction and sustainable development. Fertility decline and its implications for public policy, the demand for water and sanitation, population and health care facilities, to name a few, are the subjects researched into by the members of the Population Association of Ghana, which have implications for the pace and nature of development in Ghana.

The publication of these studies is especially timely, given the consensus made at the 2005 World Summit where world leaders reaffirmed the need to keep reproductive health, HIV/AIDS and gender equality at the top of the development agenda. This renewed high-level commitment is a testimony of the success made through more than a decade of advocacy efforts since the International Conference on Population and Development in Cairo in 1994. Critical contributions made by the research to this process are particularly significant. Ghana, in collaboration with its development partners and the UN system, has an important role to play, not only to maintain the momen-

tum generated by the Summit, but also to further advance the agenda, using research as a tool to strengthen evidence-based advocacy.

Reading through the articles one is strongly reminded that many challenges still remain and that efforts need to be accelerated in order for the country to achieve most of the MDGs by 2015. With the commitment of the government and its partners as well as the ample knowledge produced through such research that provides some answers, I am confident that progress will be made in addressing the bottlenecks and identifying the critical next steps

The Population Association of Ghana had received support from this office to organize a symposium on the research findings. Given the importance of the various contributions, UNFPA is now supporting their publication and dissemination to relevant partners including ministries, research institutions, universities, NGOs, CBOs and media. I am certain that the book will generate meaningful discussions and be used to raise the public awareness and to inform policy and programme formulation, implementation and monitoring.

Makane Kane
UNFPA Representative

14th December 2006